

# ***Seeking Safety Training***

**An Evidence-Based Practice For Trauma And/Or Substance Use Disorders  
By Lisa M. Najavits, Ph.D**

***Webinar Provided by Summer Krause, LPC, CADCI***

**Hosted by the Utah State Division of Substance Abuse and Mental Health**

**June 11-12, 2020**

## ***AGENDA - June 11, 2020***

### ***Background on Trauma and Substance Abuse; Overview of Seeking Safety***

#### **1:00 p.m. – 2:30 p.m. – Background**

- Rates of trauma and substance abuse
- Clinical presentations
- Treatment challenges
- Videos of case examples

***2:30 p.m. – 2:45 p.m. – Break***

#### **2:45 p.m. – 4:00 p.m. Treatment**

- Stages of treatment
- Overview of *Seeking Safety*
- Evidence base
- Experiential activities from the treatment

## ***AGENDA - June 12, 2020***

### ***A Day of Training to Build Skills and Adherence to Seeking Safety***

#### **1:00 p.m. – 2:00 p.m. – Video on trauma and substance abuse**

#### **2:00 - 3:00 p.m. Treatment (*continued*)**

- Overview of *Seeking Safety*
- Implementation

***3:00-3:15 p.m. Break***

#### **3:15 p.m. – 4:00 p.m. - Clinical demonstration**

- Video demonstration of *Seeking Safety* topic, "Asking for Help" with real clients
- Roleplay of conducting a session

#### **Note: Methods of instruction for days 1 and 2 include:**

- Lecture
- Video segments related to treatment issues
- Experiential exercises (e.g., role-play)
- Question/answer discussion with participants

# Seeking Safety Webinar Goals and Objectives

## June 11-12, 2020

### Goals:

The goal of this webinar is to describe *Seeking Safety*, an evidence-based treatment for trauma and/or substance abuse. We will cover (a) background on trauma and substance abuse (rates, presentation, models and stages of treatment, clinical challenges); and (b) implementation of *Seeking Safety* (overview, evidence base, demonstration of the model, adaptation to various populations (e.g., adolescents, individuals with serious and persistent mental illness, veterans), frequently asked questions, fidelity monitoring and clinician training). Assessment tools and community resources are also described. By the end of the training, participants can implement Seeking Safety in their setting. Learning methods include power point, video, exercises, and discussion.

### Objectives:

- 1) To review clinical issues in treating trauma and substance abuse;
- 2) To increase empathy and understanding of trauma and substance abuse;
- 3) To describe *Seeking Safety*, an evidence-based model for trauma and/or substance abuse;
- 4) To provide assessment and treatment resources.